

What I Claim Is:

- 1) A club for exercising, made of plastic or other suitable material preferable enforced polypropylene, comprised of two parts, the main body or handle and a cup. Both parts are hollow in order to receive steel tubes (weights), which can be added inside one another or removed in order to increase or decrease the total weight of the club at will. The walls of the handle and cup are no more than 2mm thick in order to speed the curing time required after the injection.
- 2) The club in claim 1 incorporates "ribs" inside the main body and cup of approximately 2mm thick, which ribs form a receptacle into which the steel tubes (weights) can fit snugly.
- 3) The club in claim 1 has a handle, of approximately 3cm in diameter, of a bee-hive design each section of which bee-hive design is approximately 2mm thick.
- 4) The club in claim 1 has a loop of approximately 2mm in diameter at the end of the handle, which loop is incorporated in the design of the club, to be used for a strap to secure the club by the wrist during exercising.
- 5) The club in claim 1 has an extension of approximately 4cm in diameter and approximately 3cm in length at the end of the handle so that it prevents the hand from sliding off the handle during exercising.